



# ANNUNCIATION CATHEDRAL HERALD



245 VALENCIA STREET, SAN FRANCISCO, CA 94103 • 415 864-8000 • FAX 415 431-8900 • E-MAIL [office@annunciation.org](mailto:office@annunciation.org)  
AUGUST 2008

## FESTIVAL PLANNING IN FULL SWING



On Tuesday, August 19, all the Festival Committee Chairs, under the overall chairmanship of Tula Kallas and Michael Canellos, will meet to put the finishing touches on this year's Festival Planning. The meeting will take place in the Cathedral's conference room, beginning at 7 p.m. At the conclusion of the meeting, Festival Packets will be prepared for mailing.

Included in the packets will be: 1) Two books of Raffle Tickets, 2) A Festival Book Contract Form, 3) A Festival Volunteer Form, 4) An Underwriter's Sponsorship Form, 5) Festival Entertainment Schedule, 6) A Festival Cooking Schedule, and 7) Free Admission Post Cards.

**Raffle:** You will be receiving two (2) raffle books. Each book contains eleven (11) tickets. Tickets are \$2 each; books of eleven (11) are \$20. each. This year's prizes are exciting: First Prize: A high definition flat screen TV; Second Prize: A Nintendo wii; Third Prize: 100 gallons of gaso-

line; Fourth Prize: A piece of jewelry. Besides a chance at one of these fabulous prizes, you'll be helping contribute to the success of our Festival.

**Festival Book Contract Form:** The program book is an excellent way of advertising your business, commemorating a special event (anniversary, birth of a child, baptism, wedding, etc.), or remembering a loved one. The book makes for a wonderful keepsake, and is a great way of supporting your Festival. Last year, for example, the book brought in very close to \$50,000.00! As of this writing, we have raised \$6,750.00 towards the goal of \$50,000.00. The donation ranges from \$500 for a full page to \$75 for a listing under "Friends of the Festival," with special pricing for the front and back covers. If you have not already responded to our earlier mailing, please sure to fill out this second copy of the contract form and return it in the envelope provided, by August 30<sup>th</sup>.

**Festival Volunteer Form:** The success of any undertaking depends upon the hard work and dedication of its volunteer force. While we manage to put on what we think is the best festival (certainly in terms of food, it is!), we can always use extra volunteer help. The volunteer form has lots of areas where you can help. Take a few minutes to review it and check off the box or boxes where you that interest you. All shifts are four-hour shifts. So, as many do, you can volunteer AND get to enjoy the festival at the same time.

**Underwriter's Sponsorship Form:** How about underwriting the cost of one the food items served at the Festival? Think about it: think about how much more successful the festival would be if everything were donated. And you can do it! What? You can't afford to sponsor an item by yourself? Consider going in with friends and sponsoring it together. Take a few moments to look over the list. The cost ranges from \$500 to \$6,500. And, in acknowledgement, your contribution will be listed in the program book, which will be seen by the many thousands who attend the Festival.

**Festival Entertainment Schedule:** Just to let you know in advance, we have some wonderful entertainment in store for you. *Mythos* will be playing for us on Friday night; *Fotia* and the *Sons of Ulysses* will be playing for us all day Saturday; and the *Spartans* as well as the *Sons of Ulysses* will be playing for us on Sunday. All that, in addition to performances by the Cathedral's and other community dance groups, chapel tours, children's entertainment, etc. Not to mention our own Alexandra Kallas, who will be singing at various times throughout the festival. A true *Glendi*!

**Festival Cooking Schedule:** Although some of the cooking has been done, there is still much to do. Are you a cook? Do you like to cook? Would you like to help us cook? Take a few moments to look over the schedule and give us a call, or simply show up

*continued on next page*



*continued from previous page*

on the designated day of your choice. Food tastes so much better when you've had an opportunity to take part in its preparation.

Free Admission Post Cards: Back by popular demand, the post cards are a convenient way to promote the Festival. They also enable you to get in free. (Why pay admission, when you can save \$? Look at it this way: a free gyro! Almost). The free admission post card also gets you a special discount for the business lunch, which will take place on Friday of the Festival, between 11 a.m. and 2 p.m. Send them to friends. Give them to your neighbors. Use them yourself.

Have we forgotten anything? Of course, the dates of the festival! The dates are: FRIDAY, SEPTEMBER 26, 11 a.m. to 10 p.m.; SATURDAY, SEPTEMBER 27, 11 a.m. to 10 p.m.; and SUNDAY, SEPTEMBER 28, noon to 9 p.m. Right here on the Cathedral grounds, 245 Valencia Street, San Francisco.



### **VESTMENTS, CHALICES, ETC.**

During this summer's Clergy-Laity, a set of chalices, a blessing cross, and clergy vestments were purchased for the Cathedral. These items are very useful, and will become an important part of the Cathedral's store of religious objects. From time to time, faithful members of the Cathedral ask, "What may I donate? I'd like to donate something." Just as, a few months ago, the new altar boy robes were donated. If you are interested in contributing one or more of these items, please call the Cathedral, at 415 864-8000, and speak with Father Stephen.

## **JOHN PANOMITROS NAMED FATHER OF THE YEAR**

Following the Divine Liturgy on Sunday, June 15 (Father's Day; it was also Pentecost Sunday), the Cathedral's 2008 Father of the Year was named. His family supplied the following information about our most deserving 2008 Father of the Year:

Our Father of the Year was born in the southern part of Greece in the 1930's. He was the youngest of seven children. Growing up in the midst of the German invasion of Greece during World War II and the ensuing Civil War, he faced many challenges. As a young boy, he witnessed enemy soldiers invade his town and even establish their local headquarters in the basement of his home. However, when he recounts stories of his childhood, such hardships are always overshadowed by the loving home his parents worked hatred to create, and the joy and strength they all felt being together as a family.

As a young adult, our Father of the Year came to America seeking adventure and business opportunities. He came over by boat in April of 1955 on the Queen Fredericka, docking in New York, with only seven dollars in his pocket. Soon after, he made his way to the West Coast and settled in San Francisco. He worked as a waiter at the Olympic Club, and also helped manage his uncle's restaurant. During this time, he made many close friends among fellow Greek immigrants. He has many fond memories of times spent together at the Minerva Restaurant, the local Kafeneio and other such places located in San Francisco's original "Greek Town." He left San Francisco in late 1956 to serve the US military, and returned in 1958 to open his own successful restaurant in downtown San Francisco.

In early 1970 during a visit to Greece, he met a young girl from a neighboring village. They fell in love and, four weeks later, they were married. Together they came back to San Francisco and, ten months later, their first daughter was born; thirteen months after that, their second daughter was born. As loving parents, they have always served as exemplary models for their children. They instilled strong family values and work ethic in their children, always emphasizing the value and importance of education.

In the early 1980's, our Father of the Year sold his business in San Francisco and purchased a restaurant in Novato. For the next 14 years, this restaurant was a local favorite, where people would wait in line, not only for one of his famous omelets or sandwiches, but to share part of their day with him. Here, our Father of the Year and his wife established many life-long friendships, while working hard to put their daughters through college and graduate programs in Science and Medicine.

Today, our Father of the Year is retired from the restaurant business, but he enjoys spending quality time with family and friends, volunteering his cooking skills at our Church, and is also a "professional" baby-sitter. He is patient, warm, kind-hearted, and finds humor in almost any situation. He lives for his family, which now includes his wife, daughters, sons-in-law, and three grandchildren, all of whom love and respect him and feel extremely fortunate to have him in their lives. This summer, he is celebrating his 75<sup>th</sup> birthday, and is going to visit his hometown of Psari, Messinia. Our Father of the Year 2008 is John Panomitros! *Axios!*



## LANGUAGE/BYZANTINE CHANT CLASSES FOR ADULTS TO BEGIN TUESDAY, SEPTEMBER

Adult Greek as well as Byzantine Chant will be taught at the Cathedral, beginning September. The classes are open to all who wish who wish to learn Modern Greek and/or traditional Orthodox Church Music. Adult Greek will be taught in Classroom A, located on the second floor of the Cathedral's educational wing, 245 Valencia Street, San Francisco, CA 94103. The times are, tentatively, 6 p.m. to 7:30 p.m. Byzantine Chant will be taught in the Choir Room, also located on the second floor of the Cathedral's educational wing. The times are 7:30 p.m. to 9:00 p.m. Both classes will be taught by Constantinos Haralambopoulos.

Constantinos Haralambopoulos is a retired career diplomat, having served Greece in various capacities in its embassies and consulates around the world. Having recently retired, he makes his home in Tiburon, together with his wife and their children. Those who worshipped at the Cathedral this year on Holy Friday or Pascha had the opportunity to hear Mr. Haralambopoulos' chanting. Mr. Haralambopoulos is a graduate of the University of Athens, with degrees in musicology and philology. Not only is he an accomplished chanter, he is also a philology professor. As such, he has been invited to offer his services to teach Modern Greek as well as Byzantine Chant.

Those interested in learning Modern Greek and/or Byzantine Chant, by attending classes at the Cathedral, are asked to contact Father Stephen Kyriacou at 415 864-8000 or dean@annunciation.org.

The Dormition: ivory plaque, late 10<sup>th</sup> – early 11<sup>th</sup> century (Musée de Cluny). Notice Christ hovering over His Mother's Body, holds a "child" Mary in his arms. This represents Christ receiving His Mother's soul.

## TWO GREAT FEASTS: THE TRANSFIGURATION AND THE DORMITION

There are a number of important dates in the Orthodox Christian calendar. Many are "Feasts of the Lord." They mark major events in the life of Jesus Christ. Others are "Feasts of the Mother of God." These have to do with the life of the Theotokos, the Ever-Virgin Mary. During August we celebrate a Feast of the Lord, namely, the Feast of the Transfiguration, as well as a Feast of the Mother of God, the Dormition of the Theotokos.

The Transfiguration, commemorated on August 6, marks the event whereby Jesus takes Peter, James, and John up a mountain, where he is "transfigured," that is, they see his face "shining like the sun and His clothes became as white as light. And behold, Moses and Elijah appeared to them, talking with Him." The event is described in Matthew 17:1-8, Mark 9:2-13, and Luke 9:28-36, as well as in 2 Peter 1:10-19. Moses, of course, represents the Law, while Elijah (or Elias) represents the prophets. The Transfiguration proclaims that Christ is the fulfillment of the Law and the Prophets. It proclaims Christ's divine sonship (notice what the voice of God the Father says at the end of each passage: "This is my beloved Son, in whom I am well pleased. Hear Him!") It also foreshadows His future glory when He, as the Messiah, (this is what the word "Christ" means) will usher in the long-awaited Kingdom. Here we also have a revelation of the Trinity, as we do in the Baptism of Jesus. Christ is transfigured [in the Baptism He is baptized]. The Father speaks. And the Holy Spirit appears as dazzling light surrounding Christ's Person [or, in the case of the Baptism, the Holy Spirit appears as a dove].

The apolytikion of the Feast sums it up: "You were transfigured upon the mountain, O Christ our God, showing Your glory to Your disciples, as far as they were able to bear it. At the intercessions of the Theotokos, make Your everlasting light shine forth also upon us sinners, O Giver of light, glory to You." The Divine Liturgy at the Cathedral will be celebrated on the day of the Feast, Wednesday, August 6, beginning at 10 a.m.

The Dormition of the Theotokos commemorates the death of Mary. We say dormition, because that is how the New Testament mostly describes death, as sleep. We say someone has fallen asleep [in the Lord], rather than he or she is dead. The Feast of the Dormition is preceded by a two-week fast. We fast as we do forty days before Pascha [The Great Lent]. It is a strict fast, with the addition of wine and oil on the weekends. Also, we pray the service of the Paraclesis (or Service of Consolation). At the Cathedral this serv-



The Dormition: ivory plaque, late 10<sup>th</sup> – early 11<sup>th</sup> century (Musée de Cluny). Notice Christ hovering over His Mother's Body, holds a "child" Mary in his arms. This represents Christ receiving His Mother's soul.

*continued on next page*



continued from previous page

ice will be offered every morning during the week, beginning at 10 a.m. On August 14, the Eve of the Feast, we will celebrate the office of Great Vespers, beginning at 7 p.m., and on the Feast, namely, on Friday, August 15, we will celebrate the office of Orthros, at 9 a.m., followed by the Divine Liturgy at 10 a.m.

Sometimes the term "assumption" is used to describe the event commemorated on August 15. This has to do with popular piety, that Mary's tomb was found by the Disciples to be empty. They, in turn, declared that she was "assumed," that is, bodily taken up into heaven. While this belief is commonly held, the Orthodox Church never made this a dogma. That is, the Church never required this as a belief necessary for salvation. While we honor the Theotokos, and speak of her *metastasis*, that is, going over to eternal life, we do not require belief in Mary's "assumption." This is a dogma in the Western Church, and a recent one, at that.

The *apolytikion* of the Feast says it all: In giving birth, O Theotokos, you have retained your virginity, and in falling asleep you have not forsaken the world. You who are the Mother of Life has passed over into life, and by your prayers you do deliver our souls from death.

## CAREGIVERS SOUGHT

**O**n three occasions during July, the Cathedral was contacted about Greek speaking caregivers. The Cathedral will be happy to assist by putting care givers and families in touch. If you are a Greek speaking care giver and wish to assist families who request same, kindly let us know your availability. We would be happy to forward your contact information. Please call the Cathedral office at 415 864-8000 and speak with either Father Stephen or with Angie Leventis, Philoptochos President.

## CATHEDRAL WELL REPRESENTED AT CLERGY-LAITY

**T**he 39<sup>th</sup> biennial Clergy-Laity Congress of the Archdiocese, which convened in Washington, D.C. July 13-17, concluded its work on the 17<sup>th</sup>, with a grand banquet, stressing the theme of the Congress, *Gather My People to My Home*. The Cathedral was represented by Father Stephen Kyriacou and by James D. Vorrises, who were elected as delegates at its May, 2008 Parish Assembly. Also, from the Cathedral, Angie Leventis and Ackie Argyres represented the Cathedral Ladies Philoptochos. Patricia Aleck represented the National Philoptochos Board, and Rose Sogotis represented the Metropolis of San Francisco Philoptochos Board, along with Valerie Roumeliotes, who is President of the Metropolis of San Francisco Philoptochos Board. Paul Sogotis also participated in the Congress, as a member of the Archdiocesan Council. As one can see, a very good showing from the Cathedral. Some 350 clergy and 750 laypeople represented the parishes of the Archdiocese; another 300 plus represented the Philoptochos chapters, and over 200 represented the YAL (Young Adult League).

The Sunday Divine Liturgy was held at St. Sophia Cathedral, whose corner stone was laid by Archbishop Michael and President Dwight D. Eisenhower. Then, the delegates returned to the Marriott Wardman Hotel for registration and orientation. The tone of the Congress was generally positive and productive and did not have the contentiousness of some earlier congresses. Most of the work took place in the context of workshops. These ranged from Effective Stewardship to Parish Council Ministry, from Ethical Issues viz. Science and Technology to Interfaith Marriage Opportunities, from Youth to Music to Addiction and Spirituality and on and on. We also attended the workshop dealing with building a "Successful Parish," with Alexei Krindatch as Presenter. Mr. Krindatch is Director of the Parish Life Project of the PAOI; he is concluding the recent study of the Annunciation Cathedral, its challenges and its opportunities. Two plenary sessions were held, at which reports were adopted and the budget for the next two years passed.

Both in his keynote address and at the banquet, Archbishop Demetrios stressed the need to focus on the vast number of unchurched—some 60 million in the United States alone, and the challenges and opportunities of working with youth, as well as inter-Christian and inter-faith marriages. Our focus, then, becomes one of outreach, one of seeing ourselves as the voice of Christ. As for the Archdiocese Budget, which includes all the Metropolises and support for the institutions of the Archdiocese, including Hellenic College/Holy Cross School of Theology, revenues for 2007 were \$24,215,000. The debt and payables have been reduced from a high of \$6.3 million in 1999, to \$2.7 million. The aim is to eliminate this by the end of 2008. All this is the result of some adjustments in Metropolis and, consequently, parish allocation, made since the last Congress. The Metropolis of San Francisco will be responsible for an additional \$782,000., 25% of which will be returned to the Metropolis for the funding of our local ministries.

Before concluding its work, the 39<sup>th</sup> Congress adopted two resolutions: a) a Chaplaincy Resolution, expressing support for Orthodox Chaplaincy in general, and calling for the creation of a canonical Pan-Orthodox Chaplaincy Agency with respect to the U.S. military, and b) a Resolution in support of the Ecumenical Patriarchate, calling upon the Federal Government as well as state

continued on next page



*continued from previous page*

legislatures to support religious freedoms and human rights with respect to the Ecumenical Patriarchate, including the re-opening of its Theological School at Halki.

Remarks and addresses at the Grand Banquet were offered by a panoply of dignitaries, including Archbishop Gregorios of Thyateira and Great Britain, Robert Menendez, Senator from New Jersey, former CIA Director George Tenet, Congressman John Sarbanes, Congressman Gus Bilirakis, and John Negroponte, Deputy Secretary of State. Most memorable were those offered by Senator Menendez, who is very supportive of all issues relative to the Ecumenical Patriarchate, including its rights, the return of its properties and the opening of its Theological School, and who has sponsored a number of pertinent bills in the U.S. Senate, and those offered by Congressman Billirakis who emphasized, when he enters the House chambers, he does not check his faith at the door! And, as he always refers to Constantinople as Constantinople, when other members try to persuade him to use the name Istanbul, he replies, NEVER! At the request of Metropolitan Nikitas, who was also in Washington, Congressman Billirakis graciously arranged for the Cathedral's group to visit the White House and also personally accompanied them! At the conclusion, once again referring to the Congress theme, Archbishop Demetrios urged those in attendance "to hear the voices of the people who cry for a connection, or a re-connection, to the Church and to the Faith."

---

**Prayer is the test of everything.  
If prayer is right, everything is right.**

*Bishop Theophan the Recluse  
Nineteenth Century, Russia*

---

## PHILOPTOCHOS NEWS

---

**R**ecently, the Cathedral Ladies Philoptochos agreed to volunteer its services to Raphael House, an Orthodox shelter in San Francisco which serves homeless women and children. On the last Thursday of each month, members visit the shelter and help prepare meals. The work is being coordinated by Helen Markanton, on behalf of Philoptochos. Helen invites the participation of our Philoptochos women. Helen may be reached at 415 922-1794 or [elenim@dslextre.me](mailto:elenim@dslextre.me). Helen describes a typical visit:

Vicky, one of the head chefs, who has been with Raphael House since the age of 3 (!) gave out the cooking assignments. All the recipes and the produce were laid out for us on the counter, and we began to prepare dinner for 50 women and children. Everything is made from scratch, from quality fresh vegetables, produce, and meat. Also, it surprised us to see that olive oil and white wine are part of the cupboard staples. The menu consisted of Shepherd's Pie, with mashed potato crust, topped off with grated cheese, tossed green salad, fresh biscuits, and chocolate cupcakes.

Carol Fields, volunteer coordinator, met us in the kitchen at around 4:30 p.m. and gave us a tour of the shelter. The scope and breadth of all the programs provided at this Orthodox Christian shelter for families in crisis is truly amazing and unique. Since 1971, Raphael House has sheltered more than 17,000 children and their parents, through the assistance of more than 12,000 individuals, who have provided financial and volunteer support. During dinner, we had an opportunity to meet the families and the children. The dining room is very homey and comfortable. A cleanup crew came in at 6:30 p.m. to wash the dishes and clean up the kitchen. We were a little tired when we finished our shift, which began at 3 p.m. and ended at 6:45 p.m. But, as we said, it was a "good" tired. I would encourage all Philoptochos members to support this ministry by volunteering their time and energy to help cook and serve monthly dinners at Raphael House. Katherine Dermitzakis and Marie Cardellini participated in this trip to Raphael House.

### OUR CHOIR IN NEED OF ITEMS FOR NEW MUSIC ROOM

**T**he Annunciation Cathedral Choir is trying to furnish its new Music Room at the Cathedral and needs the following items: music stand(s), pencil sharpener, boom microphone and/or stand, desk or tables, office chair, bookcases, filing cabinets, computer printer, wireless card, router and/or amplifier (just a few things). If you can help our Choir out, please contact Nick Tarlson, our Choir Director, at 415 956-5700 or [nick@tarlson.com](mailto:nick@tarlson.com).

### NEXT COMMUNITY LINK AUGUST 16

**P**lease join us for our next Community Link, which will take place on Saturday, August 16, from 9 a.m. to noon. We meet at the Cathedral at 9 a.m. for prayer and visit assignments and begin our visits by 10 a.m. (usually in pairs). We conclude before lunch time. Help share God's love, friendship and support to those in our community who are experiencing loneliness, isolation, hardship or illness. Many of the seniors we visit need rides to doctor appointments and to church. Would you be willing to help? If so, please contact Caroline Pappajohn, 415 699-5633 or [cpappajohn@yahoo.com](mailto:cpappajohn@yahoo.com). Community Link dates for the remainder of 2008 are: September 20, October 18, November 15, and December 20.



# FOCUS ON YOUTH



Members of the Cathedral's Dance Groups shown with other participants at the International Children's Games, which were held July 14 in San Francisco.

## ANNUNCIATION YOUTH PARTICIPATE IN ICG FESTIVITIES

On July 14, some of the dancers from *Ekrixi* and from *Seizmos* (those who were not away on vacation) had a once-in-a-lifetime experience by performing during the Closing Ceremonies of the International Children's Games (ICG). The games were held in San Francisco during July.

The ICG were founded in 1968 by Slovenian professor Metod Klemenc to promote peace and friendship through sports. In the inaugural games, nine European cities met for a one-day competition and cultural exchange. From these humble beginnings, the ICG has grown into a global competition and cultural festival, with participation each year by more than 1,000 athletes from 50 countries. Today, the ICG is the largest multi-port international youth games organization, and is a recognized member of the International Olympics Committee. In 2009, the summer games will be held in Athens, Greece. The Cathedral's dancers were part of the closing ceremonies, when the extinguished torch was handed over to a representative of the Greek games. Following their participation, the Cathedral youth met young people from all over the world (some of them are pictured in the photograph, above) and received Athens 2009 jackets from the Greek teams. This was a wonderful experience, for both our youth and their parents.

The Cathedral's dance groups are planning a number of events over the next few months. The first is a "Festival Kick-Off Brunch," which will take place on Sunday, September 21, following the Divine Liturgy. This will enable the parishioners of the Cathedral to watch our dance groups perform, prior to our Festival, the following weekend. Then, on December 6, the Feast of St. Nicholas, the dance groups will be hosting a *Glendi*, complete with dinner and dancing. Additional information concerning the *Glendi* is forthcoming. Look

for special fliers, which will be distributed during the Festival.

As for dance practice, all groups will resume practice on Tuesday, August 12, as follows:

*Eirini* (ages 6 to 9):

6:30 p.m. to 7:30 p.m.

*Ekrixi* (ages 10 to 13):

6:30 p.m. to 7:30 p.m.

*Seizmos* (ages 14 to 20):

7:30 p.m. to 9:00

If you are interested in joining our dance program, now is the time to do so. Please come by on Tuesday, August 12. We would love to see you. Or, for more information, please contact Athena Stavrakaras, [haniotisa@hotmail.com](mailto:haniotisa@hotmail.com).



Prayer is the strength of the body,

The prosperity of the household,

The good order of the city,

The might of the Kingdom,

The victory in war, the security in  
peace,

The unity of those divided,

The constancy of those united.

*Saint Gregory of Nyssa*

*Fourth Century*





Shown in the photo above, with Metropolitan Nikitas (center), Father Stephen (left) and Father Gregory (right) are: (left to right) Constantine Tsagaris, recipient of the Andreas and Niki Coundouris Scholarship, Angie Leventis, President of the Cathedral Ladies Philoptochos, Nicholas Balian, recipient of the John N. Pappas Scholarship, and Yannis Paulus, recipient off the Dr. Anthony Bagatelos Scholarship. Not shown are Stephanie A. Rotter and Petre Breazu.

## KUDOS TO OUR SCHOLARSHIP RECIPIENTS

**T**he Annunciation Cathedral congratulates its 2008 Scholarship Recipients. They are: Yannis Paulus, a student at the Stanford University School of Medicine. Yannis received the Dr. Anthony Bagatelos Scholarship, in the amount of \$2,000.; Constantine Tsagaris, a student at San Francisco Law School. Dean received the Andreas and Niki Coundouris Scholarship, in the amount of \$1,000.; Nicholas Balian, a student at Academy of Art University. Nick received the John N. Pappas Scholarship, in the amount of \$1,000.; Stephanie A. Rotter, a student at the University of California, Berkeley, College of Engineering. Stephanie received a Cathedral Ladies Philoptochos Scholarship, in the amount of \$1,000.; and Petre Breazu, a student at the University of San Francisco, School of Education. Petre also received a Cathedral Ladies Philoptochos Scholarship, in the amount of \$1,000. We congratulate our recipients for their spiritual and academic achievements and wish them well in reaching their career objectives. Axioi!

## ANNUNCIATION CATHEDRAL'S SUMMER CAMP

**T**he Annunciation Cathedral's 9<sup>th</sup> Annual Summer Camp will take place August 1 through August 6, at the Casini Ranch Family Campground on the Russian River. Casini Ranch is located near Duncans Mills, off US 101, not far from Bodega Bay. Experiencing the beauty and excitement of California's North Coast is unforgettable. The camp offers 120 acres of family fun and a mile of sandy waterfront. Hiking, bicycling, volleyball, softball, horseshoes, fishing, drifting along the river in a canoe, or just relaxing on the beach are among the activities campers and their families experience, not to mention arts and crafts, campfire and, of course, eating. Father Stephen and Mike Canellos will be spending the day with our campers on August 2. We are certain this year's camp, under the direction of Patty Rally and the camping committee, will be as enjoyable and as rewarding as previous camps have been.

## Sacraments & Services

### BAPTISMS

George Felix, son of Jason Polyzos and Maria Kalligeros, was baptized at the Cathedral May 31. His sponsors are Anthony Glafkides and Jasmine Soldatos.

Sophia Pear, daughter of William George Vlahos and Julie Dee Anderson, was baptized at the Cathedral June 8. Her sponsors are Christiana and Greg Vlahos.

Ekaterina Antonia, daughter of Konstantinos Victor Nicolacakis and Maria Katzakis, was baptized at the Cathedral June 14. Her sponsors are Steven and Vickie Mavromihalis.

Demosthenes, son of Dean Demosthenes Givas and Ysaira del Carmen Araujo, was baptized at the Cathedral July 26. His sponsor is Peter Demosthenes Givas.

Thomas James, son of Kelly Lynne Givas, was baptized at the Cathedral July 26. His sponsors are Dean Givas and Kristine Givas.

Kendall Kristine, daughter of Kelly Lynne Givas, was baptized at the Cathedral July 26. Her sponsor is Kristine Givas.

*Na mas zisoun!* (Long life!)



### FUNERAL

Angeliki J. Stamos, who fell asleep in the Lord May 29, was buried June 3. She is survived by her niece, Katherine Stergion, and a number of other relatives and Godchildren.

*Aionia I Mnimi!* (Eternal memory!)



# AUGUST CALENDAR

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					1	2
					Summer Camp Begins Paraclesis, 10 a.m.	
3	4	5	6	7	8	9
Orthros 9:00 a.m. Divine Liturgy 10:30 a.m.	Paraclesis 10:00 a.m.	Paraclesis 10:00 a.m.	The Transfiguration Divine Liturgy, 10 a.m.	Paraklesis, 10 a.m.	Paraclesis, 10 a.m.	
10	11	12	13	14	15	16
Orthros 9:00 a.m. Divine Liturgy 10:30 a.m.	Paraclesis 10:00 a.m.	Paraclesis 10:00 a.m. Dance practice, as scheduled	Paraklesis, 10 a.m.	Vespers 7 p.m.	Dormition of the Theotokos Divine Liturgy, 10 a.m.	Community Link, 9 a.m.
17	18	19	20	21	22	23
Orthros 9:00 a.m. Divine Liturgy 10:30 a.m.	Baklava preparation, 9 a.m. Baking on Tuesday, August 19	Dance practice, as scheduled Festival Meeting, 7 p.m.	Parish Council, 7 p.m.			
24	25	26	27	28	29	30
Orthros 9:00 a.m. Divine Liturgy 10:30 a.m.		Melomakarona baking, 9 a.m.				
31						
Orthros 9:00 a.m. Divine Liturgy 10:30 a.m.						

O radiant light of holy glory, the immortal Father, heavenly and holy, blessed Jesus Christ.

And now that we have come to the setting of the sun with all the light of eventide,  
we praise You the Father, Son, and Holy Spirit, One God.

It is worthy at all times to praise You, with voices of holy song,  
O Son of God and giver of life, the world does glorify You.

Vesperal Hymn: O radiant Light, Phos Ilaron





## **ΠΡΟΕΤΟΙΜΑΣΙΕΣ ΓΙΑ ΤΟ** **ΕΦΕΤΙΝΟ ΦΕΣΤΙΒΑΛ**

Σε λίγες μέρες τα μέλη του Καθεδρικού Ναού θα λάβουν από ένα φάκελλο που θα έχει διάφορα έντυπα αναφορικά με το εφετινό Φεστιβάλ της Κοινότητας, που θα λάβει χώρα στην Κοινοτική Αίθουσα επίσης και στο χώρο πάρκινγκ, Παρασκευή-Κυριακή, 26-28 Σεπτεμβρίου. Μεταξύ άλλων, θα λάβετε δυο βιβλία για το λαχείο, ένα έντυπο στο οποίο δύνασθε να δηλώσετε τη συμμετοχή σας στο λεύκωμα, ένα έντυπο στο οποίο δύνασθε να δηλώσετε τις ημέρες και τις ώρες που μπορείτε να εργασθείτε, ένα έντυπο στο οποίο δύνασθε να δηλώσετε τη προσφορά σας όσον αφορά τα διάφορα υλικά που θα χρειασθούν, ένα πρόγραμμα αναφορικά με τις ορχήστρες που θα παίζουν κατά τη διάρκεια του Φεστιβάλ, ένα πρόγραμμα αναφορικά με το μαγείρεμα, και κάρτες δωρεάς εισόδου, τις οποίες δύνασθε να μοιράσετε στους φίλους, γειτόνους, η συνεργάτες σας. Σας ευχαριστούμε εκ των προτέρων για ό,τι μπορείτε να κάμετε, προβάλλοντας το Φεστιβάλ. Έτσι θα έχει ακόμα περισσότερη επιτυχία.

## **ΠΙ ΓΙΑΝΝΗΣ ΠΑΝΟΜΗΤΡΟΣ** **ΠΑΤΕΡΑΣ ΤΟΥ ΕΤΟΥΣ**

Στις 15 Ιουλίου, αμέσως μετά τη Θεία Λειτουργία ανακηρύχθηκε Πατέρας της Χρονιάς, ο Γιάννης Πανομήτρος, γνωστός σε όλους ως σύζυγος της Ελένης, πατέρας της Ευγενίας και της Δήμητρας, παππούς του Γιάννη, της Αικατερίνας και της Βασιλικής, πιστό μέλος του Καθεδρικού Ναού, στενός συνεργάτης, καλός φίλος όλων. Το βιογραφικό του σημείωμα θα το εύρετε στο αγγλικό μέρος του παρόντος δελτίου. Αρκεί να σημειώσουμε ότι ο Γιάννης μεγάλωσε στην Ελλάδα κάτω από δύσκολες συνθήκες. Μιλάμε για τον καιρό της κατοχής. Ήρθε στην Αμερική το 1955, για να εργασθεί, να κάμει μια καλύτερη ζωή για την οικογένειά του. Αυτό το κατόρθωσε. Εργάστηκε σκληρά, δούλ-

εψε με τιμότητα, και σε διάφρα εστιατόρια, και στο στίτι, και για την Εκκλησία. Μεγάλωσε τα παιδιά του μέσα στα πλαίσια της Εκκλησίας, δείχνοντας το καλό παράδειγμα του αφοσιωμένου πατέρα, συζύγου και οικογενειάρχου. Τον συγχαίρουμε για το καλό παράδειγμα, για την αισιοδοξία που τον διακρίνει, για την αγάπη που έχει για όλους, και του ευχόμεθα τα βέλτιστα. Είναι, παραγματικά, άξιος!

## **ΕΥΧΑΡΙΣΤΟΥΜΕ ΓΙΑ ΤΗ ΣΥΜ-** **ΜΕΤΟΧΗ ΣΑΣ ΣΤΗ** **ΚΟΙΝΟΤΙΚΗ ΜΕΛΕΤΗ**

Ευχαριστούμε τα μέλη του Καθεδρικού Ναού που έλαβαν μέρος εις τη μελέτη της Κοινότητας, συμπληρώνοντας και αποστέλλοντας ένα ερωτηματολόγιο που τους εστάλη. Η μελέτη που γίνεται (από τον κ. Αλέξυ Κρίντατς, του Ορθοδόξου Ινστιτούτου "Αθηνάγορας") θα βοηθήσει τον Καθεδρικό Ναό στον σχηματισμό διαφόρων προγραμμάτων προς εξυπηρέτηση των μελών του. Επίσης θα δώσει μία εικόνα ως προς το πως σκέφτονται οι Χριστιανοί μας όσον αφορά διάφορα θρησκευτικά και πολιτιστικά ακόμη και εθνικά θέματα. Το πόρισμα της μελέτης θα τυπωθεί σε μελλοντικό κοινοτικό μας δελτίο.

## **ΔΥΟ ΜΕΓΑΛΕΣ ΓΙΟΡΤΕΣ, Η** **ΜΕΤΑΜΟΡΦΩΣΙΣ ΚΑΙ Η** **ΚΟΙΜΗΣΙΣ ΤΗΣ ΘΕΟΤΟΚΟΥ**

Μέσα στον Αύγουστο και η δύο, η μία Δεσποτική Εορτή, στις 6 Αυγούστου, η άλλη Θεομητορική. Η μία τιμά τον Σωτήρα Χριστό, η άλλη την Μητέρα του Θεού, όπως την ονόμασε η τρίτη Οικουμενική Σύνοδος, όχι για να τονίσει τις αρετές αυτής της Μητέρας, αλλά για να τονίσει το γεγονός ότι Αυτός που γεννήθηκε απ' αυτή δεν είναι άλλο από τον ίδιο τον Θεό. Γι' αυτό λέγεται και Θεοτόκος. Η μία έχει να κάμει με το ανεξήγητο γεγονός, αυτό της Μεταμορφώσεως, όταν οι μαθητές είδαν το πρόσωπο του Χριστού να "λάμπει όπως

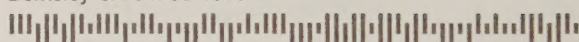
τον ήλιο", και να μιλάει με τον Μωυσή και με τον Ηλία. Ανεξήγητο, είπαμε, διότι μόνον μετά από την Ανάσταση μπόρεσαν να συνειδητοποιήσουν πως είχε να κάμει με την αποκάλυψη του Θεού, να φανερώνεται ως Τριαδικός, Πατέρας, Υιός, και 'Αγιο Πνεύμα, ακριβώς όπως και στη Βάπτιση. Η άλλη, που γιορτάζεται στις 15 του μήνα, έχει να κάμει με τον φυσιολογικό θάνατο της Παναγίας, που λέγεται "κοίμησις" ή εάν θέλετε "μετάστασις", όπως τον περιγράφει το απολυτίκιο της ημέρας. Συνοδεύεται από αυστηρή νηστεία, ούτως ώστε να μπούμε και μεις στο νόημα της αφοσίωσης αυτής της Μάνας, να γίνουμε και μεις λίγο σαν αυτή, η οποία υπέμεινε, πάντα υπάκοη στο θέλημα του Θεού. Στον Καθεδρικό Ναό, κάθε μέρα, Δευτέρα-Παρασκευή (εκτός από την ημέρα της Μεταμορφώσεως) θα τελέσουμε την Κοινή Παράκληση, στις 10 κάθε πρωί. Ανήμερα των εορτών, στις 6 και στις 15, θα τελέσουμε την Θεία Λειτουργία, επίσης στις 10 το πρωί, αφού πρώτα ψάλλουμε τον 'Ορθρο, στις 9. Επίσης, το προηγούμενο εσπέρας της Κοιμήσεως της Θεοτόκου, στις 14 του Αυγούστου, θα τελέσουμε τον Μεγάλο Εσπερινό, μια και αυτός ο Ναός είναι αφιερωμένος σ' αυτή.

## **ΚΟΙΝΟΤΙΚΟΣ ΚΡΙΚΟΣ**

Έτσι λέγεται η οργάνωση που επισκέπτεται ασθενή μέλη της Κοινότητας και συνεργάζεται με τη Φιλόπτωχο Αδελφότητα του Καθεδρικού Ναού ως προς τη βοήθεια που παραχωρούν στο ίδρυμα που λέγεται "Οίκος Ραφαήλ". Το ίδρυμα αυτό στεγάζει άστεγες οικογένειες με ανήλικα παιδιά. Ο Κοινοτικός Κρίκος σας καλεί όπως λάβετε και σεις μέρος στις προσπάθειες του να δώσει παρηγοριά και ελπίδα σε ανθρώπους που έχουν ανάγκη έστω από μια "καλημέρα". Η επόμενη συγκέντρωση της οργάνωσης θα γίνει το Σάββατο 16 Αυγούστου, στην Εκκλησία, στις 9 π.μ.



Orthodox Institute  
2311 Hearst Ave  
Berkeley CA 94709-1319



## ΜΑΘΗΜΑΤΑ ΕΛΛΗΝΙΚΗΣ ΓΛΩΣΣΑΣ, ΒΥΖΑΝΤΙΝΗΣ ΜΟΥΣΙΚΗΣ

Με μεγάλη χαρά πληροφορούμε τα μέλη του Καθεδρικού Ναού, αλλά επίσης και τα μέλη όλων των Κοινοτήτων της περιοχής, ότι ο καθηγητής Κωνσταντίνος Χαραλαμπίδης θα διδάξει και Ελληνικά και Εκκλησιαστική Μουσική σε ενήλικες οι οποίοι επιθυμούν να μάθουν και να μιλούν και να διαβάζουν Ελληνικά η που επιθυμούν να μάθουν να ψάλλουν. Τα μαθήματα θα γίνονται στον Καθεδρικό Ναό. Μέχρι στιγμής δεν έχει ορισθεί ημέρα και ώρα. Αυτό θα εξαρτηθεί από την ανταπόκριση που θα έχουμε. Παρακαλούνται, όσοι ενδιαφέρονται, όπως επικοινωνήσουν με τον Πατέρα Στυλιανό, στο 415 864-8000. Ελπίζουμε ότι τα ως άνω μαθήματα θα ξεκινήσουν τον ερχόμενο Σεπτέμβριο.

Ο φιλόλογος καθηγητής Χαραλαμπίδης διορίστηκε στη δημόσια Μέση Εκπαίδευση, στην Ελλάδα, το έτος 1972· ανέλαβε υπηρεσία και υπηρέτησε μέχρι το 1977, οπότε ορκίστηκε και ανέλαβε υπηρεσία στο Υπουργείο Εξωτερικών. Υπηρέτησε το Υπουργείο Εξωτερικών, στην Ουάσιγκτον, στην

Απω Ανατολή και αλλού, μέχρι αρχές του τρέχοντος έτους. Εκτός από την εκπαιδευτική υπηρεσία και την υπηρεσία του στο Υπουργείο Εξωτερικών, ο καθηγητής Χαραλαμπίδης έχει υπηρετήσει ως ιεροψάλτης. Όσοι παρευρέθηκαν στον Καθεδρικό Ναό εφέτος στον Επτάφιο Θρήνο η στην Ανάσταση είχαν την ευκαιρία (και το ευτύχημα θα λέγαμε, λόγω του χαρίσματος!) να ακούσουν τον κ. Χαραλαμπίδη, μαζί με τους υπόλοιπους ιεροψάλτες μας, και να εμπνευσθούν, θαυμάζοντας το μεγαλείο της Ορθόδοξης Χριστιανικής λατρείας.

## LOOKING AHEAD

Sunday, September 14	Sunday School Resumes
Saturday, September 20	Community Link, 9 a.m.
Sunday, September 21	Dance Group Brunch & Dance Exhibition
Friday-Sunday September 26-28	Food Festival
Saturday, October 18	Community Link, 9 a.m.
Sunday, November 2	Remembering Home IOCC Benefit
Saturday, November 15	Community Link, 9 a.m.
Saturday, December 20	Community Link, 9 a.m.